



**NAMI**  
National Alliance on Mental Illness

# Polk County

## News & Views

A Monthly Publication of NAMI Polk County, Inc.

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October 2010

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And



United Way  
of Central Florida

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www.namifl.org  
www.nami.org

**Register Now for Social Security Application Training October 12**

For the second year NAMI Polk County will host a free specialized training for consumers and their families to help them understand the Social Security application process. Statistics show that people diagnosed with mental illnesses make up the largest disability group receiving social security benefits. Even so, the application process can be overwhelming and many consumers who begin the process find it hard to complete.

The target audience for this training is individuals who have a disabling mental illness such as depression, schizophrenia, bipolar disorder or any other severe mental illness that is medically diagnosable. Those eligible to attend the training must live within the city limits of Lakeland and may bring a friend or relative to assist them.

Participants will receive a detailed book and personal instruction on the Social Security application process. This application method routinely produces faster results with a high approval rate for applicants, without the need of consulting an attorney. The training will last all day, October 12 and will be held at a location on Edgewood Drive

in Lakeland.

Lue Richardson, a SOAR trained instructor from Peace River Center, will lead participants through an in depth application course. Participants will not complete the application process

during the training, but will learn how to gather the documents and answer the questions needed to complete the application.

The class is limited to 20 participants with preference given to those living within the City Limits of Lakeland. All others wishing to participate will be put on a waiting list and will be included as space allows. To register or for more information call NAMI Polk County at 863-533-4411.

The training is offered in collaboration with Peace River Center, the City of Lakeland and United Way of Central Florida.



**NAMI Polk Executive Director Takes New Position**



Cathy Hatch

NAMI's Executive Director, Cathy Hatch, submitted her resignation to the board of directors during their September board meeting. Ms. Hatch has served as the Executive Director of NAMI Polk County since August 2004. During that time the affiliate added programs including Peer to Peer, Parents and Teachers As Allies, NAMI Basics, In Our Own Voice, and NAMI Connection. They also became a vital part of the Behavioral Health Court in Polk County and now participate in six CIT trainings annually with the Polk Sheriff's Office. In 2009 NAMI Polk County was chosen NAMI Affiliate of the Year and Exemplary Agency by United Way of Central Florida. Cathy will leave NAMI on October 8 to join the Development Staff of Peace River Center.

**FAMILY  
Support Groups**

**Lakeland Family Group**

Currently Suspended  
Leaders Needed  
Please Call to Volunteer  
(863) 533-4411

**Lake Wales Group**

New leadership Needed  
To volunteer call the NAMI office

**Young Families Parent Group**

2nd & 4th Mondays; 6:30pm  
1st Presby. Church, room 321  
175 Lake Hollingsworth Dr.  
Leader is Joni Smithson, LMHC  
See article to the right.

**CONSUMER Groups:**

**Kids Support Group**

2nd and 4th Mondays; 6:30pm  
1st Presbyterian Church  
175 Lake Hollingsworth Dr.  
Leader: Melissa Brown, LCSW

**Winter Haven Groups**

Wednesdays 2-3:30pm and  
Thursday nights 7-8:30 PM  
Sweet Center Green Room.  
1201 First Street S.  
Winter Haven  
Leaders: Joyce, Randall  
Elizabeth and Lamar

**Lakeland**

The three Support Groups listed  
below meet at the  
Jeanene Brown Drop-In Center.  
2326 Edgewood Drive:  
1. *Panic & Anxiety Mon. 3pm*

2. *Depression & Bipolar Support  
(DBSA) Tue. 7pm &  
Sat. 12 noon*

For more info call  
Drop In Center  
(863) 413-2788

Female Sexual Abuse Survivors  
1st & 3rd Wed. 6-7:30pm  
Peace River Center's  
Rape Recovery Resource Center  
413-2708 Childcare provided.

**NAMI Polk County  
Board of Directors**

Diana Arthur, Pres.  
Barbara Hoffman, V.P.  
Dr. Anne Tyson, Treas.  
Carol Hoffman, Sec.  
Neal Dwyer  
Lt. Brian Garrett  
Linda Lloyd  
Dr. Richard Marshall  
Joyce McInerny  
Maureen McIntire  
Elizabeth Newton  
Margaret Parry  
John Ruffin  
Norman Small  
Anne Weeks  
John F. Wendel

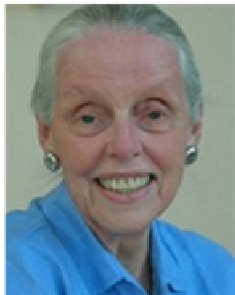
**Staff**

Cathy Hatch, Ex. Dir.  
Windy Collins, Sec.

From a letter written by Katharine V. Lyon, Ph.D., Director  
Mental Health Program Office, Florida Department of Children and Families.....

The Mental Health Program Office offers a new guide for families titled  
*A FAMILY GUIDE TO CHILDREN'S MENTAL HEALTH SERVICES AND SUPPORTS*.  
The Department of Children and Families is fully committed to the value of family  
involvement. Families must be included in all decisions regarding the planning and  
provision of mental health services for their children. It is the responsibility of all who work  
within the system of care to make every effort to assure that families have a strong voice  
and are actively involved in the decisions made that impact their child and family.  
In order to encourage that strong family voice, the guide was designed to provide families  
with information they may find helpful in working with health care providers and others to  
find appropriate, evidence based mental health services and supports for their family  
members. Please share the guide with the families with whom you work and other stake-  
holders. The guide can be found on the DCF website.

**Joyce Burland to Speak at  
NAMI Florida Annual Meeting  
Dec. 3-4**



Joyce Burland

NAMI Florida's 2010 an-  
nual meeting will be Dec. 3  
and 4 at the Saddlebrook  
Resort-Wesley Chapel, near  
Tampa.

This year's meeting will be a  
two-day event, kicking off  
with an education and support  
program reception featuring Dr. Joyce Burland,  
Ph.D., Director of NAMI National's Education,  
Training, and Peer Support Center. Dr. Bur-  
land, a clinical psychologist, has been with  
NAMI since 2000 and is recognized as a leader  
in the field of peer education for families, con-  
sumers and providers of services to people with  
serious mental illness.

On Saturday, Dec.4, NAMI Florida will present  
its adaptation of a Fred Friendly Seminar,  
MINDS ON THE EDGE: Facing Mental Illness.  
The presentation effectively illuminates the  
challenging ethical issues as well as systemic  
flaws in mental health program and policy de-  
sign, service coordination, and resource alloca-  
tion. These problems are contributing to a men-  
tal health system that is widely acknowledged to  
be broken.

For complete details about the annual meeting,  
go to [www.namifl.org](http://www.namifl.org). There is a \$50 registra-  
tion fee for the conference which includes lunch  
on Saturday.

The event will be at the Saddlebrook Resort  
Wesley Chapel, northeast of Tampa, off of I-75  
North. For information about the resort, see its  
website at [www.saddlebrook.com](http://www.saddlebrook.com). Special  
room rates for the meeting will be \$99 per night  
if registered by Nov. 10.

**UNDERSTANDING HEALTH REFORM**

**We know that many of our members struggle to understand the new health reform law and how it impacts them. This complex law spawns complicated explanations and heated opinions alike.**

**Fortunately, the Kaiser Family Foundation has produced a brief, entertaining and non-partisan explanation of problems in our current health care system and changes that are occurring as a result of the new health reform law. The film is written and produced by the Kaiser Family Foundation and narrated by Cokie Roberts, a news commentator for ABC News and NPR and a member of Kaiser's Board of Trustees. Check it out at <http://healthreform.kff.org/the-animation.aspx>.**

***Policies to Prevent Bullying in Schools  
Webinar***

***Wednesday, October 13, 2010  
2:30pm - 4:00 pm EST***

**Follow link below to register**

***Speakers include:***

**Deborah Temkin, MA, MS, Office of Safe & Drug Free  
Schools, U.S. Dept. of Ed.**

**Monica L. Zulauf, E.D., YWCA NH**

**Nancy Willard, MS, JD, E. D.,**

**Center for Safe & Responsible Internet Use**

**<https://www1.gotomeeting.com/register/801903411>**

## Nominations sought for NAMI Florida Board of Directors

NAMI Florida is seeking nominations for its new board of directors, who will take office on Dec. 5, 2010, according to NAMI Florida Executive Director Judi Evans. Board members serve for three-year terms and will be asked to attend bimonthly meetings, some of which are conducted via conference calls.

Nomination forms and a related questionnaire can be downloaded from the NAMI FL website [www.namifl.org](http://www.namifl.org). Nominations must be mailed /faxed to NAMI Florida in Tallahassee no later than Oct. 5.



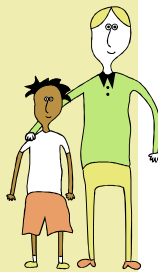
The NAMI Florida Board is a “working board” whose members play active and important roles in the success of the state organization. To best serve in the Board role, members are expected to:

- ▶  Be a NAMI Florida member in good standing.
- ▶  Attend and participate fully in all board meetings, annual conferences, and other organizational functions and events.
- ▶  Understand and protect the fiduciary health of the organization.
- ▶  Understand and adhere to the democratic process of a non-profit board.
- ▶  Understand and support NAMI programs and public policies.
- ▶  Participate in fundraising endeavors and make what is to the individual a significant financial contribution to NAMI Florida on an annual basis.

### NAMI Polk Kids and Parents Support Groups Thrive

The Kids and Parents Support Groups seem to be enjoying their new twice a month meetings on the second and fourth Monday nights of each month. At the last September meeting the two groups met together and practiced relaxation by coloring mandalas while listening to soft music. The group talked about ways to self calm and what works for each individual. Both parents and kids were asked to report on positive actions of each other at the next meeting Oct. 11 @ 6:30pm at First Presbyterian Church of Lakeland.

The group is making plans and getting excited about their upcoming trip to see the Bucs play football!



### PEER TO PEER CLASS BEGINS OCTOBER 13

A class of Peer to Peer Relapse Prevention will begin on Wednesday, October 13 in Bartow. The class is held primarily for clients of Behavioral Health Court and their immediate households.

Others outside of Behavioral Health Court are invited to attend the class if space is available. The class will meet for 10 weeks every Wednesday from approximately 11am–1pm. Lunch will be served.

The class is designed for consumers who are wishing to avoid relapse. Each person will learn coping skills, and how to build a support network. Mentors for the class are Randall Williams, Shonaye Green, and Joy McInerney.

Please call the NAMI office if you would like to participate in this free relapse prevention class. The NAMI office phone number is (863) 533-4411.

### GET FREE PRINTED MATERIAL ABOUT MENTAL HEALTH FROM SAMHSA

SAMHSA has redesigned its home page to correspond to the Agency's [eight Strategic Initiatives](#) and has launched a new [publications store](#) that increases users' ability to access the behavioral health resources they need.

Designed from the user's perspective, [SAMHSA.gov](http://SAMHSA.gov) now features topic-based information and an easy-to-use [online store](#). Other new features include a simplified search process, lots of new content, and an improved ordering process.

[Explore the New SAMHSA.gov](http://SAMHSA.gov)

Current Resident or

National Alliance on Mental Illness—Polk County

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National Alliance on Mental Illness

# NAMI Polk County

Please enroll me as a member of NAMI

Fee includes membership to NAMI National, NAMI Florida and NAMI Polk and is valid for one year from enrollment date.

Membership fee enclosed:  \$50 Member (Family or Friend)  \$5 Consumer  \$75 Professional Membership

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

PHONE \_\_\_\_\_ E-MAIL \_\_\_\_\_

NAMI is a non-profit organization. Your tax deductible contributions help ensure the continuation of the vital services NAMI provides to the community. Gifts of all sizes are welcome !

Professional members will receive an additional membership form which requests detailed professional information.

**Please make checks payable to: NAMI Polk County, Inc. and mail to : NAMI Polk, 1090 US Hwy 17 South, Bartow, FL 33830-6026**